| | | | Page 63 |
|---|----|--|------------|
| | 1 | 3 to 11:30; is that right? | 10:25:09AM |
| | 2 | A. Yes. | |
| | 3 | Q. Was there also an editor on staff at the time? | 10:25:16AM |
| | 4 | A. Generally there was one editor, but toward the | 10:25:21AM |
| | 5 | end of the evenings, that's part of the reason the job was | 10:25:25AM |
| | 6 | so awful, toward the end of the evening, the editor goes | 10:25:29AM |
| | 7 | home and you are the reporter and the editor. | 10:25:32AM |
| | 8 | Q. What time does the editor go home? | 10:25:35AM |
| | 9 | A. Oh, I think it's different times, but sometimes | 10:25:37AM |
| 1 | 10 | 10ish. | 10:25:40AM |
| | 11 | Q. So, different times, sometimes 10. Are there | 10:25:44AM |
| | 12 | other times when the editor goes home? | 10:25:47AM |
| | 13 | A. Yes, but let's just say in general I think 10. | 10:25:49AM |
| | 14 | Q. So, in your experience during that two-week | 10:25:52AM |
| | 15 | period the editor was going home at 10? | 10:25:55AM |
| | 16 | A. I think so. | 10:25:57AM |
| | 17 | Q. Who was the editor? | 10:25:57AM |
| | 18 | A. Kathy McLain. | 10:25:58AM |
| | 19 | Q. So, from 10 to 11:30 you say that you were the | 10:26:03AM |
| | 20 | only one on the desk; is that right? | 10:26:07AM |
| | 21 | A. Actually, now that I think of that, I think | 10:26:12AM |
| | 22 | that was mainly on weekends. I think that I think that | 10:26:14AM |
| | 23 | the editor during the weekdays might be there until the | 10:26:17AM |
| | 24 | end. Yeah, weekends, sorry about that. | 10:26:21AM |
| | 25 | Q. It's okay. | 10:26:32AM |
| | | | 4 |

| | | Page 66 |
|----|--|------------|
| 1 | Q. So, can I let me tell me if this is a | 10:29:31AM |
| 2 | fair summing up of this. That, in your view, the evening | 10:29:35AM |
| 3 | shift on the Metro desk does not require much journalistic | 10:29:39AM |
| 4 | talent or experience; is that correct? | 10:29:43AM |
| 5 | A. I don't know that I'd state it that way, but | 10:29:46AM |
| 6 | journalistic talent and experience might help, but it's | 10:29:49AM |
| 7 | certainly not a job that requires the expertise of a | 10:29:54AM |
| 8 | senior reporter. | 10:29:58AM |
| 9 | Q. Did you feel like the job was below you? | 10:30:00AM |
| 10 | A. Well, I don't know that I would agree with your | 10:30:06AM |
| 11 | phrasing of that. I didn't think it was an appropriate | 10:30:10AM |
| 12 | job for my skills. | 10:30:14AM |
| 13 | Q. Did you feel like your talent would be wasted | 10:30:25AM |
| 14 | on the evening shift? | 10:30:28AM |
| 15 | A. Of course. | 10:30:31AM |
| 16 | Q. So, during that two-week period when you were | 10:30:44AM |
| 17 | working on the evening shift, were there some nights that | 10:30:47AM |
| 18 | were busier than other nights? | 10:30:50AM |
| 19 | A. Yes, there's an ebb and flow to it. There is | 10:30:52AM |
| 20 | some downtime, but it's punctuated with completely | 10:30:55AM |
| 21 | unpredictable events, so whatever the downtime is, you | 10:30:58AM |
| 22 | don't know how long it's going to last. You can't really | 10:31:02AM |
| 23 | you can't really start any work that you expect to | 10:31:05AM |
| 24 | finish because you could be called out to go to a crime | 10:31:09AM |
| 25 | scene or anything that happens. It's completely | 10:31:13AM |

| | | Page 67 |
|-----|---|------------|
| 1 | unpredictable. So, yes, there were some quiet nights or | 10:31:17AM |
| 2 | quiet portions of nights, but you never know. It's the | 10:31:21AM |
| . 3 | kind of intermittent feedback, which is the psychological | 10:31:25AM |
| 4 | term, intermittent feedback, which has been proven to | 10:31:29AM |
| 5 | drive lab rats insane. | 10:31:33AM |
| 6 | Q. Okay. I'll get to that in a minute. | 10:31:36AM |
| 7 | A. We're going to talk about lab rats today? You | 10:31:38AM |
| 8 | made me cough. | 10:31:41AM |
| 9 | Q. So, during the two-week period that you were on | 10:31:42AM |
| 10 | the night shift or the evening shift, did you ever were | 10:31:45AM |
| 11 | you ever called out to a crime scene? | 10:31:48AM |
| 12 | A. I don't recall the specifics of that two weeks | 10:31:49AM |
| 13 | any greater than I do any other night shift that I had. I | 10:31:54AM |
| 14 | recall that the cumulative stress of that two weeks left | 10:32:00AM |
| 15 | me an utter wreck at the end of it. | 10:32:03AM |
| 16 | Q. So, again, I'm going to remind you to try to | 10:32:06AM |
| 17 | focus on the question that I'm asking and answer it. The | 10:32:08AM |
| 18 | question was, do you recall being called out to a crime | 10:32:11AM |
| 19 | scene during the two weeks that you were covering Charles | 10:32:14AM |
| 20 | Brown? | 10:32:16AM |
| 21 | A. I don't recall that specifically now, but that | 10:32:16AM |
| 22 | doesn't mean that it didn't happen. | 10:32:18AM |
| 23 | Q. Do you recall being called out of the office, | 10:32:20AM |
| 24 | having to leave The Seattle Times to go cover something | 10:32:22AM |
| 25 | during the two weeks that you were there? | 10:32:25AM |
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| | | | Page 68 |
| | 1 | A. I don't recall the specifics, but it's highly | 10:32:26AM |
| | 2 | possible and likely that it happened. | 10:32:29AM |
| | 3 | Q. But you don't have any recollection of actually | 10:32:30AM |
| | 4 | being on the night shift, having to leave The Seattle | 10:32:33AM |
| | 5 | Times, and going and covering a story? | 10:32:35AM |
| | 6 | A. I didn't keep notes at the time. | 10:32:37AM |
| | 7 | Q. So, you don't recall? | 10:32:39AM |
| | 8 | A. No. But it's more than likely that it | 10:32:41AM |
| | 9 | happened. The odds of I can answer the question | 10:32:52AM |
| | 10 | further. The odds of my just sitting in that building for | 10:32:54AM |
| | 11 | two straight weeks on that night shift are approximately | 10:32:59AM |
| | 12 | zero. | 10:33:02AM |
| | 13 | Q. Do you know whether the editor well, let me | 10:33:14AM |
| | 14 | strike that. | 10:33:17AM |
| | 15 | During the two weeks that you were covering the | 10:33:18AM |
| | 16 | night shift, did the editor, to your recollection, ever go | 10:33:20AM |
| | 17 | out to cover a story? | 10:33:23AM |
| 2 | 18 | A. I don't think so. | 10:33:25AM |
| | 19 | Q. So, when you were a general assignment reporter | 10:33:30AM |
| | 20 | during the day shift on the Metro desk, you would have to | 10:33:35AM |
| | 21 | go out and cover stories on an unpredictable basis; is | 10:33:38AM |
| | 22 | that correct? | 10:33:46AM |
| | 23 | A. It was I don't think that's my phone. I | 10:33:46AM |
| | 24 | think there was a little bit more planning permitted, and | 10:33:49AM |
| | 25 | it wasn't it wasn't as abrupt and unpredictable. | 10:33:52AM |
| | | | |

| | | Page 79 |
|----|--|------------|
| 1 | that. | 11:02:21AM |
| 2 | Did you and Matt Kreamer go out for coffee very | 11:02:22AM |
| 3 | often? | 11:02:24AM |
| 4 | A. Yeah. | 11:02:24AM |
| 5 | Q. Do you remember during one of those coffee | 11:02:25AM |
| 6 | sessions or more than one of those coffee sessions talking | 11:02:27AM |
| 7 | about how you were unhappy at Metro desk? | 11:02:30AM |
| 8 | A. Well, that probably would have come up fairly | 11:02:34AM |
| 9 | often because I was always pitching work that was more | 11:02:37AM |
| 10 | appropriate to my demonstrated skills and seniority. | 11:02:42AM |
| 11 | Q. So, the fact that you were pitching work would | 11:02:47AM |
| 12 | have led you to communicate to Matt Kreamer that you were | 11:02:50AM |
| 13 | unhappy? | 11:02:53AM |
| 14 | A. Well, no, I would just always be well, I | 11:02:53AM |
| 15 | would always be suggesting things that I thought that | 11:02:56AM |
| 16 | could be a better fit, that would work better, that would | 11:03:00AM |
| 17 | be good stories, and that kind of thing. I didn't go take | 11:03:04AM |
| 18 | a crying towel with me to our coffee sessions if that's | 11:03:07AM |
| 19 | what you're suggesting. | 11:03:10AM |
| 20 | Q. I'm asking questions. I'm not suggesting | 11:03:11AM |
| 21 | anything. I'm just trying to understand whether you told | 11:03:13AM |
| 22 | Kreamer that you were unhappy on the Metro desk? | 11:03:15AM |
| 23 | A. I very well may have been, and I may have told | 11:03:19AM |
| 24 | him that, but I don't recall specifically a time when we | 11:03:22AM |
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|---|----|--|------------|
| | | | Page 80 |
| | _1 | Metro desk." | 11:03:31AM |
| | 2 | Q. Do you remember a time when you and Matt | 11:03:33AM |
| | 3 | Kreamer were at coffee where Matt told you that you were | 11:03:35AM |
| | 4 | not meeting expectations on the Metro desk? | 11:03:39AM |
| | 5 | A. No. | 11:03:42AM |
| | 6 | Q. So, you received a performance evaluation in | 11:03:46AM |
| | 7 | the weeks or months before your vacation that took place | 11:03:53AM |
| | 8 | in the summer of 2010; is that correct? | 11:03:56AM |
| | 9 | A. Yes. | |
| | 10 | Q. So, how soon before you went on vacation did | 11:03:59AM |
| | 11 | you receive that performance evaluation? | 11:04:02AM |
| | 12 | A. I'd have to have the evaluation sitting in | 11:04:04AM |
| | 13 | front of me for the exact date, but it was you know, it | 11:04:07AM |
| | 14 | was in the spring of that year. | 11:04:10AM |
| | 15 | (Exhibit 2 marked.) | 11:04:47AM |
| | 16 | Q. The court reporter's handed you what's been | 11:04:47AM |
| | 17 | marked as Exhibit 2, entitled "Performance Evaluation for | 11:04:50AM |
| | 18 | Mark Rahner, 2010 Reporter Evaluation." Do you recall | 11:04:53AM |
| | 19 | receiving this document? | 11:04:59AM |
| | 20 | A. It certainly looks familiar, yes. | 11:05:00AM |
| | 21 | Q. Did you review this document in preparation for | 11:05:03AM |
| | 22 | you deposition? | 11:05:07AM |
| | 23 | A. No, I didn't. | 11:05:08AM |
| | 24 | Q. So, this is the evaluation that we were talking | 11:05:14AM |
| | 25 | about that you received before you went on vacation in the | 11:05:16AM |
| | , | | |

| | | Page 81 |
|----|--|------------|
| 1 | summer of 2010 and didn't return to work; is that correct? | 11:05:20AM |
| 2 | A. Yes. | |
| 3 | Q. This notes that your supervisor is Matt | 11:05:25AM |
| 4 | Kreamer. Do you remember who delivered this evaluation to | 11:05:30AM |
| 5 | you? | 11:05:34AM |
| 6 | A. Kreamer did. | 11:05:34AM |
| 7 | Q. Was anybody else in the meeting? | 11:05:39AM |
| 8 | A. No. | 11:05:42AM |
| 9 | Q. So, tell me about the performance evaluation | 11:05:57AM |
| 10 | meeting with Matt Kreamer. | 11:06:02AM |
| 11 | A. Sure. It was preposterous. | 11:06:03AM |
| 12 | Q. Tell me about when it occurred. | 11:06:06AM |
| 13 | A. Didn't we already cover that? What do you | 11:06:09AM |
| 14 | mean, when it occurred? | 11:06:11AM |
| 15 | Q. Like what time of day, sorry. | 11:06:13AM |
| 16 | A. Oh, I don't recall what time of day. | 11:06:15AM |
| 17 | Q. Where did it occur? | 11:06:16AM |
| 18 | A. In the fishbowl office in the newsroom. | 11:06:17AM |
| 19 | Q. I think you said it was just you and Matt | 11:06:23AM |
| 20 | Kreamer | 11:06:27AM |
| 21 | A. That's what I said. | 11:06:27AM |
| 22 | Q present? How long did the meeting last? | 11:06:28AM |
| 23 | A. I don't know. | 11:06:31AM |
| 24 | Q. 10 minutes, half hour, hour? | 11:06:31AM |
| 25 | A. Oh, between 10 minutes and a half hour. It | 11:06:35AM |
| | | |

| | | Page 84 |
|----|--|------------|
| 1 | evaluation in the section that talks about what you needed | 11:09:26AM |
| 2 | to improve that you felt was constructive feedback that | 11:09:30AM |
| 3 | you would try to improve upon? | 11:09:36AM |
| 4 | A. None of it was constructive. It was all a | 11:09:37AM |
| 5 | hatchet job. But show me specifically the portion you're | 11:09:40AI |
| 6 | talking about. | 11:09:43A |
| 7 | Q. I'm talking about the section, number 4, | 11:09:43A |
| 8 | starting on the second page of Exhibit 2, ST000227. | 11:09:45A |
| 9 | A. Give me a second to reread it. Okay. So, | 11:09:53A |
| 10 | I've just reread that one paragraph. Go ahead and ask me | 11:10:28A |
| 11 | your question again. | 11:10:32A |
| 12 | Q. My question is, in section 4 and then there's | 11:10:33A |
| 13 | an area that says goals for next year and how to | 11:10:36A |
| 14 | accomplish them, is there anything that you took out of | 11:10:39A |
| 15 | this evaluation that you felt like that was constructive | 11:10:41A |
| 16 | feedback that you would try to work on or improve? | 11:10:47 |
| 17 | A. It wasn't meant to be constructive, and I | 11:10:48A |
| 18 | didn't take it that way. It was meant to cut me down and | 11:10:51A |
| 19 | falsely assert that I'd been a far worse employee than I'd | 11:10:54A |
| 20 | been. I didn't take it seriously in the slightest. It | 11:11:01A |
| 21 | was laughable. | 11:11:04 |
| 22 | Q. Okay, we can set it aside. | 11:11:05A |
| 23 | A. I mean, we can go through it point by point if | 11:11:07A |
| 1 | | 11:11:10A |
| 24 | you'd like, but it was truly absurd. | 11:11:10A |

| | | Page 86 |
|----|---|------------|
| 1 | to what extent you provided feedback on it? | 11:13:15AM |
| 2 | A. Well, I signed off on it. | 11:13:18AM |
| 3 | Q. Do you remember whether you made changes to it? | 11:13:19AM |
| 4 | A. There may have been some fine-tuning. I don't | 11:13:22AM |
| 5 | recall specifics. | 11:13:25AM |
| 6 | MR. LINN: And I'll instruct you not to provide | 11:13:26AM |
| 7 | any specifics about what we actually discussed. | 11:13:28AM |
| 8 | THE WITNESS: Got you. | 11:13:31AM |
| 9 | Q. So, you have a claim in this lawsuit for | 11:13:43AM |
| 10 | hostile work environment on the basis of your disability. | 11:13:48AM |
| 11 | A. Quite so. | 11:13:52AM |
| 12 | Q. So, do you claim that you were subjected to | 11:13:53AM |
| 13 | hostile work environment at The Seattle Times Company? | 11:13:56AM |
| 14 | A. Very much so. | 11:13:59AM |
| 15 | Q. On the basis of your alleged disability of | 11:14:01AM |
| 16 | chronic fatigue syndrome? | 11:14:05AM |
| 17 | A. Yes. | |
| 18 | Q. On any other basis? | 11:14:10AM |
| 19 | A. Well, they didn't like me, but let's stick with | 11:14:13AM |
| 20 | the chronic fatigue. | 11:14:16AM |
| 21 | Q. What is it that anyone at The Seattle Times | 11:14:18AM |
| 22 | Company did or did not do that you believe created a | 11:14:21AM |
| 23 | hostile work environment? I'm asking for specifics. | 11:14:24AM |
| 24 | A. They tried to assign me to a position that was | 11:14:29AM |
| 25 | going to worsen my health when they knew it as a punitive | 11:14:31AM |
| | • | |

| | (4) | | Page 87 |
|---|-----|--|------------|
| | 1 | measure for disliking me and a blatant attempt to drive me | 11:14:35AM |
| | 2 | out because they knew that it was unfeasible for me to | 11:14:39AM |
| | 3 | maintain that job. | 11:14:46AM |
| | 4 | Q. Is there anything else that anyone at The | 11:14:51AM |
| | 5 | Seattle Times Company did or did not do to you that you | 11:14:54AM |
| | 6 | believe is a hostile work environment? | 11:14:58AM |
| | 7 | A. Sure. Even though I repeatedly described the | 11:15:00AM |
| | 8 | chronic fatigue to my managers and provided them with | 11:15:04AM |
| | 9 | medical documentation of it, and I'm talking about | 11:15:08AM |
| | 10 | Kreamer, Higgins, and Boardman, they all repeatedly just | 11:15:11AM |
| | 11 | kept telling me that I didn't like mornings. | 11:15:16AM |
| | 12 | Q. So, this was Kreamer, Higgins, and Boardman? | 11:15:23AM |
| | 13 | A. Yes. I don't mean to leave Suki out. But I | 11:15:28AM |
| | 14 | just can't recall specifically if she ever said that. | 11:15:33AM |
| | 15 | Q. Is there anything else that anyone at The | 11:15:37AM |
| | 16 | Seattle Times Company did or did not do that you believe | 11:15:40AM |
| | 17 | created a hostile work environment other than what you | 11:15:43AM |
| | 18 | just described? | 11:15:46AM |
| | 19 | A. Well, they refused to make any reasonable | 11:15:47AM |
| | 20 | accommodation for my worsening ongoing sickness and | 11:15:50AM |
| | 21 | finally they made a move to worsen it. | 11:15:55AM |
| | 22 | Q. We'll talk about the reasonable accommodation. | 11:16:01AM |
| | 23 | Because you have different claims here. You have a | 11:16:05AM |
| | 24 | hostile work environment claim, you have a reasonable | 11:16:07AM |
| , | 25 | accommodation claim, and you also have a disability | 11:16:09AM |
| 1 | | | |

| | | Page 88 |
|----|--|------------|
| 1 | discrimination claim. | 11:16:12AM |
| 2 | A. So, we're on the hostile work environment. | 11:16:13AM |
| 3 | Tell me what else I can answer about that. | 11:16:15AM |
| 4 | Q. I want to understand what it is you believe | 11:16:18AM |
| 5 | created a work environment that rose to the level of being | 11:16:20AM |
| 6 | a hostile work environment on the basis of your | 11:16:23AM |
| 7 | disability. You've described two things. One is the | 11:16:26AM |
| 8 | assignment to the evening shift, and the second is are | 11:16:28AM |
| 9 | the comments about your not liking mornings. Is there | 11:16:32AM |
| 10 | anything else? | 11:16:37AM |
| 11 | A. Well, after I communicated numerous times the | 11:16:37AM |
| 12 | problems I was having and my need for them to help me out | 11:16:43AM |
| 13 | I mean, there were months that went by when not only | 11:16:48AM |
| 14 | would they not do anything to help, but they would keep on | 11:16:55AM |
| 15 | complaining about the situation while not doing anything | 11:17:00AM |
| 16 | to help. That didn't sound very clear, but | 11:17:05AM |
| 17 | Q. No, I'm not sure I understand what it is you're | 11:17:09AM |
| 18 | referring to. | 11:17:11AM |
| 19 | A. After I told them numerous times about the | 11:17:12AM |
| 20 | chronic fatigue I was suffering, I I tried to come up | 11:17:16AM |
| 21 | with solutions to deal with it, and not only would they | 11:17:25AM |
| 22 | not consider any solutions to deal with it, every time I, | 11:17:29AM |
| 23 | say, would come in later than usual or would have to go | 11:17:36AM |
| 24 | and crash in my car because I couldn't keep my eyes open | 11:17:39AM |
| 25 | or something like that, they would keep on running through | 11:17:42AM |

| | | Page 8 |
|-----|--|-------------------|
| 1 | the same mill of complaining and not doing anything about | 11:17:457 |
| 2 | it. | 11:17:50 |
| 3 | Q. Complaining about your not being at work during | 11:17:51 |
| 4 | your scheduled hours? | 11:17:55 <i>F</i> |
| 5 | A. You know, even though very, very few of the | 11:17:57 |
| 6 | reporters in that building keep a very strict schedule, if | 11:18:01 |
| 7 | I didn't if I wasn't there right at 9 o'clock, you | 11:18:05 |
| 8 | know, there would be words about that, and I would say, | 11:18:117 |
| 9 | "Listen, we have to do something about this, because it's | 11:18:147 |
| 10 | an ongoing problem," and but it was just, you know, the | 11:18:17 |
| 11 | same thing again and again. | 11:18:22 |
| 12 | Q. So, is there anything other than what you | 11:18:24 |
| 13 | the three things you've just described that you believe | 11:18:26 |
| 14 | constituted a hostile work environment at The Seattle | 11:18:29 |
| 15 | Times? | 11:18:33 |
| 16 | A. Sometimes when I came in, John de Leon would | 11:18:33 |
| 17 | shout, "Hey, look everybody, Rahner's here," which was | 11:18:37 |
| 1.8 | quite embarrassing. | 11:18:42 |
| 19 | Q. And John is a reporter? | 11:18:44 |
| 20 | A. He's an editor. He's an authority figure. | 11:18:44 |
| 21 | Q. How many times did that happen? | 11:18:51 |
| 22 | A. It happened routinely. | 11:18:52 |
| 23 | Q. Once a week, once a month, once a day? | 11:18:55 |
| 24 | A. Surely more than once a week, but less than | 11:18:59 |
| 25 | once a day. It was all the time and it was an ongoing | 11:19:03 |

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|----|----|--|------------|
| | | | Page 93 |
| | 1 | different job. It was a massively different job. | 11:23:30AM |
| | 2 | Q. Any other anything else on which you base | 11:23:43AM |
| | 3 | your belief that the assignment to the evening shift was | 11:23:47AM |
| | 4 | done to create a hostile work environment? | 11:23:51AM |
| 22 | 5 | A. Well, the context of Kreamer constantly telling | 11:23:54AM |
| | 6 | me how much Higgins hated me, it was fairly obvious that I | 11:23:57AM |
| | 7 | was being punished. | 11:24:01AM |
| | 8 | Q. So, tell me more about that. You said that | 11:24:03AM |
| | 9 | Higgins hated you. Was that something that you | 11:24:07AM |
| | 10 | experienced well, let me strike that. | 11:24:10AM |
| - | 11 | You said that Kreamer told you Higgins hated | 11:24:13AM |
| | 12 | you. | 11:24:17AM |
| | 13 | A. Constantly. | 11:24:18AM |
| | 14 | Q. When was the first time Kreamer told you? | 11:24:18AM |
| | 15 | A. I don't know the first time because it was | 11:24:20AM |
| | 16 | constant. | 11:24:23AM |
| | 17 | Q. So, from the outset of your assignment to the | 11:24:24AM |
| | 18 | Metro desk did you feel like Higgins hated you? | 11:24:27AM |
| | 19 | A. Not too long after that, and it wasn't a matter | 11:24:29AM |
| | 20 | of feeling. It was a matter of being explicitly told | 11:24:32AM |
| | 21 | that. Kreamer would come out of meetings routinely with | 11:24:35AM |
| | 22 | Higgins and say to me, "Man, I don't know what it is, but | 11:24:38AM |
| - | 23 | Higgins has a real hard on for you" constantly. | 11:24:41AM |
| | 24 | Q. Was there anything else on which you base your | 11:25:01AM |
| | 25 | belief that the assignment to the evening shift was a | 11:25:04AM |
| | | | |

| | | Page 121 |
|----|---|------------|
| 1 | Q. You can set it aside. I'll ask you another | 12:54:51PM |
| 2 | question. | 12:54:54PM |
| 3 | How did chronic fatigue affect you during the | 12:55:32PM |
| 4 | time that you were working at The Seattle Times? Describe | 12:55:39PM |
| 5 | for me sort of what was the effect of that syndrome or | 12:55:42PM |
| 6 | that condition. | 12:55:47PM |
| 7 | A. It was a very specific feeling. It was like a | 12:55:47PM |
| 8 | lead blanket. It was like it wasn't just like being | 12:55:50PM |
| 9 | tired. It was like how you would imagine kryptonite felt. | 12:55:53PM |
| 10 | It was random. I didn't know what triggered it. And I | 12:55:59PM |
| 11 | never knew how long it was going to last. It could be a | 12:56:05PM |
| 12 | few minutes, hours. It could be a whole day. It was very | 12:56:09PM |
| 13 | frustrating. But the term I used over and over again | 12:56:13PM |
| 14 | describing it to everybody, it just feels like a lead | 12:56:17PM |
| 15 | blanket. My eyes would get heavy and sunken, and I | 12:56:22PM |
| 16 | couldn't focus, it was hard to concentrate. And it | 12:56:25PM |
| 17 | wouldn't pass on its own without whatever degree of sleep | 12:56:29PM |
| 18 | was needed at the time. I felt weak, physically weak. | 12:56:33PM |
| 19 | During these times I would try to force myself to get | 12:56:44PM |
| 20 | exercise and I could easily have fallen asleep in between | 12:56:48PM |
| 21 | sets. I mean, it was just it was debilitating. | 12:56:54PM |
| 22 | Q. Okay. How did it affect your energy level in | 12:56:59PM |
| 23 | the morning? | 12:57:07PM |
| 24 | A. There was no energy level. It was it was | 12:57:09PM |
| 25 | very difficult. | 12:57:13PM |